

by [Devahardeep Singh | Dharma Seeds Yoga Press](#) | 24 May 2023

Yoga and Dreams

Yoga is a mind-body practice that originated in India thousands of years ago. It is a system of physical postures, breathing exercises, and meditation that is designed to promote physical and mental health. Yoga has been shown to be effective in treating a variety of conditions, including stress, anxiety, depression, and pain.

Dreams have been a source of fascination and mystery for centuries. People have long wondered what dreams mean and why we have them. There are many different theories about dreams, but no one knows for sure what they are all about.

Some people believe that dreams are simply a way for our brains to process the events of the day. Others believe that dreams are a way for us to access our subconscious minds and tap into our creativity. Still others believe that dreams are a way for us to communicate with the divine.

Whatever the meaning of dreams may be, there is no doubt that they can be a powerful tool for self-exploration and personal growth. Yoga can help us to better understand our dreams and use them to our advantage.

How Yoga Can Help Us to Understand Our Dreams

Yoga can help us to understand our dreams in a number of ways. First, yoga can help us to become more aware of our bodies and our emotions. When we are more aware of our bodies and our emotions, we are better able to understand the messages that our dreams are trying to send us.

Second, yoga can help us to relax and let go of stress. When we are relaxed and stress-free, we are more likely to have clear and vivid dreams.

Third, yoga can help us to develop our intuition. When we develop our intuition, we are better able to understand the symbolic meaning of our dreams.

How to Use Yoga to Improve Your Dream Recall

Do more yoga

If you want to improve your dream recall, there are a few things you can do. First, make sure you are getting enough sleep. Most people need around 7-8 hours of sleep per night.

Second, try to avoid caffeine and alcohol before bed. These substances can interfere with sleep and make it harder to remember your dreams.

Third, keep a dream journal by your bed. As soon as you wake up, write down everything you can remember about your dreams. This will help you to remember your dreams more clearly.

Fourth, practice yoga before bed. Yoga can help you to relax and prepare for sleep.

Benefits of Yoga for Dreams

There are many benefits of yoga for dreams. Yoga can help you to:

- Have more vivid and memorable dreams
- Understand the meaning of your dreams
- Use your dreams for self-exploration and personal growth
- Improve your sleep
- Reduce stress and anxiety

- Increase your intuition



If you are interested in using yoga to improve your dreams, there are a few things you can do. First, find a yoga class that is appropriate for your level of experience. Second, practice yoga regularly. Third, keep a dream journal. Fourth, be patient and persistent. It may take some time to see results.

Conclusion

Yoga is a powerful tool that can help us to understand our dreams. When we practice yoga regularly, we become more aware of our bodies and our emotions, we relax and let go of stress, and we develop our intuition. These qualities can all help us to have more vivid and memorable dreams, understand the meaning of our dreams, and use our dreams for self-exploration and personal growth.

Lucid Dreaming

Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind.

There are many different techniques that can be used to induce lucid dreams.

Some of the most common techniques include:

- **Reality testing:** This involves checking your environment throughout the day to see if you are dreaming. For example, you might try to push your finger through your palm or look at a clock twice to see if the time changes.
- **Wake back to bed (WBTB):** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Mnemonic induction of lucid dreams (MILD):** This involves repeating a mantra to yourself, such as “I will know I am dreaming,” before you go to sleep.

Once you have learned how to induce lucid dreams, you can start to explore your subconscious mind. You can use lucid dreams to work through problems, learn new things, or simply have fun.

There are many benefits to lucid dreaming. Some of the most common benefits include:

- **Personal growth:** Lucid dreaming can be a powerful tool for personal growth. By exploring your subconscious mind, you can learn more about yourself and your motivations.
- **Problem-solving:** Lucid dreams can be used to solve problems. By working through problems in a dream state, you can often come up with creative solutions that you would not have thought of while awake.
- **Stress relief:** Lucid dreams can be a great way to relieve stress. By taking control of your dreams, you can create a safe and relaxing environment for yourself.

- **Fun:** Lucid dreams can be a lot of fun. You can fly, explore new worlds, or meet new people.

If you are interested in learning more about lucid dreaming, there are many resources available online and in libraries. You can also find lucid dreaming groups and forums where you can share experiences and learn from others.

Here are some additional tips for lucid dreaming:

- **Be patient:** It takes time and practice to learn how to lucid dream. Don't get discouraged if you don't have success right away.
- **Keep a dream journal:** Writing down your dreams can help you to remember them more clearly and to identify patterns in your dreams.
- **Be persistent:** The more you practice, the more likely you are to have a lucid dream.

Lucid dreaming can be a fascinating and rewarding experience. If you are interested in learning more, I encourage you to give it a try.

Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, "Am I dreaming?" If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Reality Testing

Reality testing is a simple but effective technique for lucid dreaming. The idea is to become so familiar with the signs that you are dreaming that you can easily identify them while you are dreaming. Some common dream signs include:

- **Things that don't make sense:** In dreams, things often don't make sense. For example, you might see people walking on the ceiling or talking to animals.
- **Being able to fly:** In dreams, you can often fly. If you try to fly in real life, you will quickly realize that you can't.
- **Looking at a clock twice and seeing different times:** In dreams, the time on the clock can change if you look at it twice.

Once you have become familiar with the signs that you are dreaming, you can start to reality test throughout the day. This means simply asking yourself, “Am I dreaming?” If you are dreaming, you will probably notice something that doesn't make sense. If you do, you can then take control of your dream.

Wake Back to Bed (WBTB)

Wake back to bed (WBTB) is another effective technique for lucid dreaming. The idea is to wake up after 5-6 hours of sleep and then stay awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream because it gives your brain time to enter REM sleep, which is the stage of sleep when dreams occur.

When you wake up during WBTB, you should try to stay calm and relaxed. You can then do some reality testing or repeat a mantra to yourself, such as “I will know I am dreaming.” Once you go back to sleep, you are more likely to have a lucid dream.

Mnemonic Induction of Lucid Dreams (MILD)

Mnemonic induction of lucid dreams (MILD) is a technique that involves repeating a mantra to yourself before you go to sleep. The mantra can be something like, “I will know I am dreaming.” The idea is to plant the suggestion in your subconscious mind that you will become lucid in your dreams.

MILD is a simple technique that can be very effective.

How Lucid Dreaming Can Help With Anxiety



Anxiety is a common mental health condition that can cause a variety of symptoms, including worry, restlessness, and difficulty concentrating. While there are many treatments available for anxiety, lucid dreaming is a relatively new and promising approach.

Lucid dreaming is the ability to be aware that you are dreaming while you are dreaming. This can be a very powerful experience, as it allows you to control your dreams and explore your subconscious mind.

There are a number of ways that lucid dreaming can help with anxiety. First, lucid dreaming can help you to learn more about your anxiety. By exploring your dreams, you can identify the triggers that cause your anxiety and the thoughts and feelings that contribute to it. This knowledge can help you to better understand your anxiety and develop coping strategies.

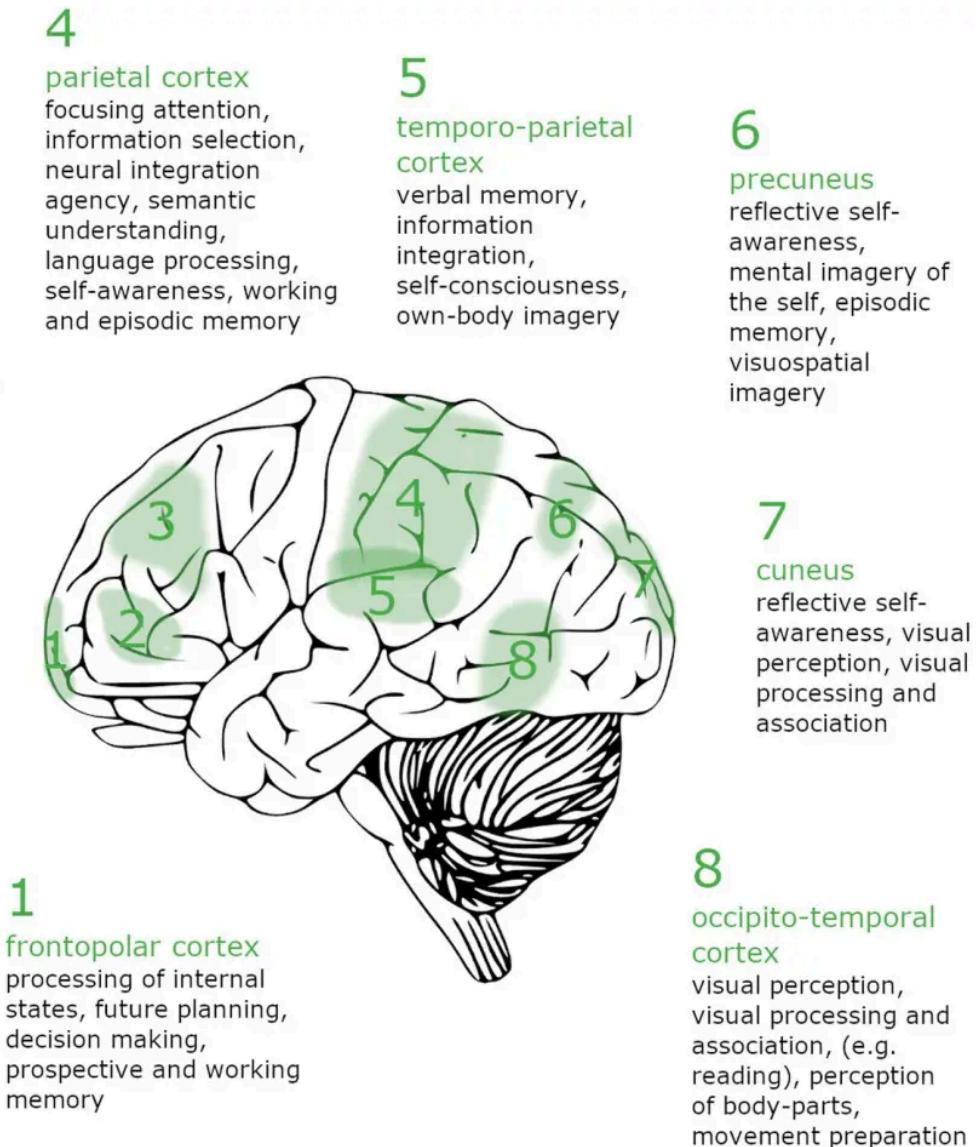
Second, lucid dreaming can help you to develop a sense of control over your anxiety. When you are lucid in a dream, you can choose to change the dream in any way you want. This can help you to learn that you have the power to control your anxiety, even when you are awake.

Third, lucid dreaming can help you to practice relaxation techniques. When you are lucid in a dream, you can use relaxation techniques, such as deep breathing and meditation, to calm your mind and body. This practice can help you to learn how to relax more effectively in real life.

There is some research to support the use of lucid dreaming for anxiety. A study published in the journal *Dreaming* found that lucid dreaming can help to reduce anxiety symptoms in people with generalized anxiety disorder (GAD). The study participants who practiced lucid dreaming for eight weeks showed significant reductions in anxiety symptoms, compared to the control group.

3
dorsolateral PFC
meta-cognitive evaluation, higher-order consciousness, working memory, selective attention, decision making

2
ventrolateral PFC
self-conscious emotions, emotion regulation, action planning, decision uncertainty



29 July 2020 [Brigitte Holzinger](#) and [Lucille Mayer](#) published a [scientific article](#) based on the above image. The aim of this study was to describe and model neurophysiological evidence for the seven awareness criteria of lucid dreaming based on those proposed by Paul Tholey. Each of the awareness criteria was analyzed separately with regard to its underlying neurocircuits. They hypothesized that not one, but several regions are involved in the state of lucid dreaming.

Paul Tholey deceased in 1998 but was a pioneer when it came to dreaming. Paul Tholey was a [German Gestalt psychologist](#), and a professor of psychology and sports science at the University of Frankfurt and the Technical University of Braunschweig. Tholey started the study of oneirology in an attempt to prove that dreams occur in color

17 July 2020 another study was published. “**Findings From the International Lucid Dream Induction Study**“. Findings provided the strongest evidence to date that the MILD technique is effective for inducing lucid dreams.

About **80% of posttraumatic stress disorder** (PTSD) patients suffer from nightmares or dysphoric dreams that cause major distress and impact nighttime or daytime functioning. Lucid dreaming (LD) is a learnable and effective strategy to cope with nightmares and has positive effects on other sleep variables.

Another study, published in the journal Sleep, found that lucid dreaming can help to improve sleep quality in people with insomnia. The study participants who practiced lucid dreaming for four weeks showed significant improvements in sleep quality, compared to the control group.

If you are interested in trying lucid dreaming to help with anxiety, there are a number of resources available to help you get started. There are books, websites, and even apps that can teach you the basics of lucid dreaming.

It is important to note that lucid dreaming is not a cure for anxiety. However, it can be a helpful tool for managing anxiety symptoms and improving sleep quality. If you are considering using lucid dreaming to help with anxiety, it is important to talk to your doctor first.

Here are some additional tips for using lucid dreaming to help with anxiety:

- **Start by practicing reality testing throughout the day.** This will help you to become more aware of your dreams and to identify when you are dreaming.
- **Try the wake back to bed (WBTB) technique.** This involves waking up after 5-6 hours of sleep and then staying awake for 20-30 minutes before going back to sleep. This increases your chances of having a lucid dream.
- **Repeat a mantra to yourself before you go to sleep.** The mantra can be something like, “I will know I am dreaming.” This will help to plant the

suggestion in your subconscious mind that you will become lucid in your dreams.

- **Be patient.** It takes time and practice to learn how to lucid dream. Don't get discouraged if you don't have success right away.

Lucid dreaming can be a powerful tool for managing anxiety. If you are interested in trying lucid dreaming, there are a number of resources available to help you get started.

Resources for Lucid Dreamin

<https://blog.mindvalley.com/lucid-dreaming-resources/>

<https://howtolucid.com/lucid-dreaming-resources/>

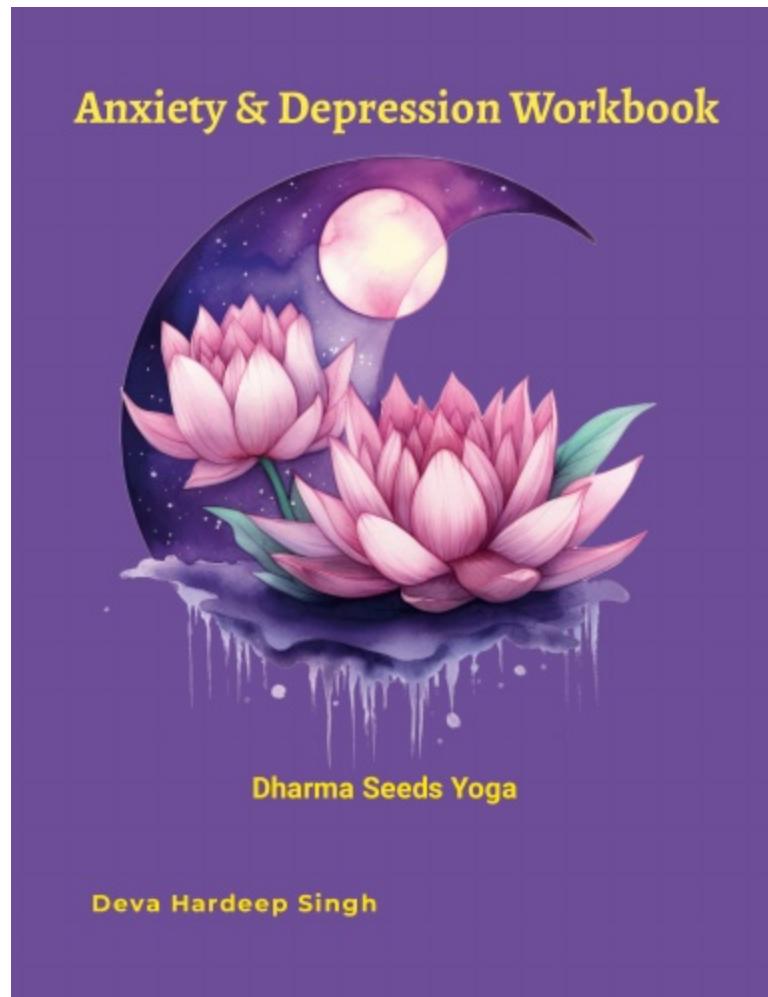
How to Lucid Dream: Expert Tips and Tricks

<https://www.thelucidguide.com>

<https://www.healthline.com/health/healthy-sleep/how-to-lucid-dream#when-to-see-a-doctor>

<https://corrosion-doctors.org/>

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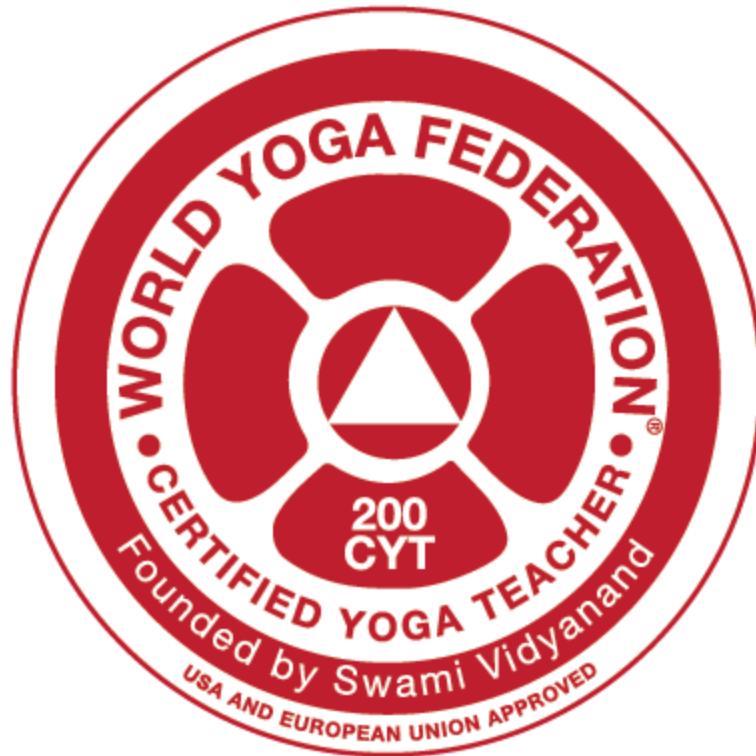
Anxiety & Depression Workbook ~ Dharma Seeds Yoga

The Anxiety and Depression Workbook is a self-help book that provides readers with tools and techniques to help them manage their anxiety and depression. The book is based on trauma informed yoga, a type of therapy that focuses on changing the way people think and use yoga for healing. The book focuses and provides readers with exercises and worksheets to help them identify and challenge their negative thoughts and beliefs. The book provides readers with additional resources and information on how to get help for anxiety and depression. The Anxiety and Depression Workbook has been praised by mental health professionals for its clear and concise explanations, and for its practical exercises and worksheets. The book has also been well-received by readers, who have found it helpful in managing their anxiety and depression. If you are struggling with anxiety or depression, the Anxiety and Depression Workbook may be a helpful resource for you. The book can help you learn more about your

condition, and provide you with tools and techniques to help you manage your symptoms.



Deva Hardeep Singh (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series Reservation Dogs, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.



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